What is Claimed is:

1. A bone graft needle for delivery of bone graft material to a bone defect area in a patient's body comprising

an elongate bendable tubular delivery member having an open distal end for positioning at the bone defect area via a minimally invasive portal providing access to the bone defect area from externally of the patient's body and having an open proximal end for being supplied with bone graft material from externally of the patient's body, said open distal end being aligned with a central longitudinal axis of said delivery member for discharge of the bone graft material therefrom towards the bone defect area.

2. An instrument for preparing a location for receiving bone graft material, comprising:

a bone graft needle for delivery of bone graft material to a bone defect area in a patient's body, said needle comprising:

an elongate bendable tubular delivery member having an open distal end for positioning at the bone defect area via a minimally invasive portal providing access to the bone defect area from externally of the patient's body and having an open proximal end for being supplied with bone graft material from externally of the patient's body, said open distal end being aligned with a central longitudinal axis of said delivery member for discharge of the bone graft material therefrom towards the bone defect area; and an elongate bendable penetrating member for receipt within said bone graft needle.

3. The instrument of claim 2, wherein said penetrating member has a shaft and a tip, said shaft being made from a flexible material and said tip being made from a material capable of penetrating the body.

4. A method of supplying bone graft material to a body location, including the steps of:

providing an instrument for preparing said location for said receiving bone graft material, said instrument comprising:

a bone graft needle for delivery of bone graft material to a bone defect area in a patient's body, said needle comprising:

an elongate bendable tubular delivery member having an open distal end for positioning at the bone defect area via a minimally invasive portal providing access to the bone defect area from externally of the patient's body and having an open proximal end for being supplied with bone graft material from externally of the patient's body, said open distal end being aligned with a central longitudinal axis of said delivery member for discharge of the bone graft material therefrom towards the bone defect area; and

an elongate flexible penetrating member for receipt within said bone graft needle.

5. The method of claim 4, further comprising the step of bending said instrument while said elongate flexible penetrating member is within said bone graft needle.